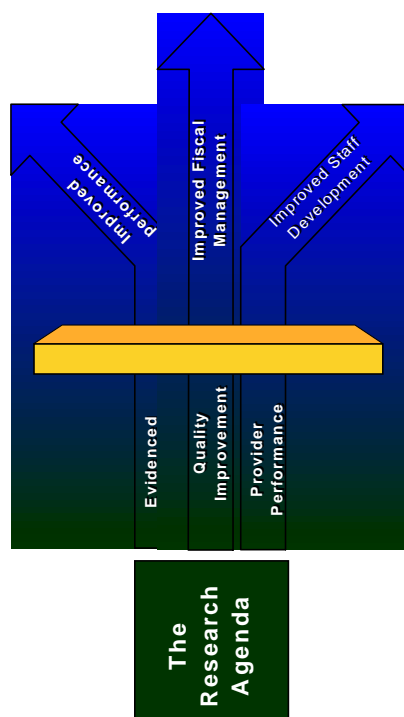


Research



Research is Key in Program Development

The focus of the research agenda is to provide qualitative and quantitative information to Department of Behavioral and Developmental Services (BDS) decision makers, providers of service, families, individuals with a disability, members of the legislature and the general public. This information is intended to emphasize the Department's values and assist in more effectively achieving its vision. Studies that lead to evidence-based improvement of services and outcomes, rather than simply extending existing programs form the research agenda.

The BDS Research Partnership has brought together a variety of internal and external stakeholders. The BDS Internal Research Team consists of representatives from each of the service areas, as well as from quality improvement and data systems. The BDS External Research Steering Committee consists of representatives of university researchers, medical and psychiatric personnel, service providers and service recipients and the Department.

Under the joint guidance of these two bodies appropriate research projects are identified to

inform clinical practice and guide policy, system and program development efforts.

BDS service areas have developed the following priority areas for the current research agenda:

Children's Services

1. In Home Supports
2. System of Care Development
3. Clinical Treatment Models

Mental Retardation Services (Adult)

1. Community Inclusion
2. Health & Safety
3. Workforce Needs

Mental Health (Adult)

1. Trauma-Informed Systems
2. Best Practice Recovery-based Models
3. Effective Clinical Treatments

Substance Abuse Treatment

1. Dual Diagnosis-Best Practice
2. Adolescent Services
3. Needs Assessment
4. Moving Prevention into Practice



State of Maine
Department of Behavioral
and Developmental Services

Lynn F. Duby, Commissioner

July 2002

Key research initiatives at BDS include a continuation application to the Administration on Developmental Disabilities. The initial award supported survey research on the family support needs of families with children with developmental disabilities and additional survey work to identify satisfaction of adults using mental retardation services. In addition, seven regional family support groups have been established. A final report is available.

A second development has been a cooperative venture with the Bingham Program. This has resulted in the funding of eight projects for a total of \$1.4 million over the next three years. The projects are:

The Maine-Dartmouth Family Practice Residency in Augusta will use several techniques to improve family physicians' efforts to treat psychiatric problems in their patients.

The Healthy Community Coalition will address the "number one health priority for Greater Franklin County" through a number of consumer and community-driven education activities that challenge community leaders to take more responsibility for the mental health of neighbors, friends, and families. **Mainely Girls** in Thomaston will coordinate efforts in four rural communities to address eating disorders

among adolescent girls.

Cary Medical Center in Caribou will develop and implement an assessment clinic for school age children with developmental issues.

Bureau of Elder and Adult Services will examine the data surrounding high cost medication usage in the area of mental health.

Cumberland County Dual Diagnosis Collaborative will expand its capacity to offer training on co-occurring disorders by refining a competency based curriculum and developing a training infrastructure.

The Maine Center on Deafness will offer a model program to help agencies address the needs of a very under-served group of people with mental retardation who are deaf.

MaineGeneral Health Associates in the Augusta area will develop and implement a program for children with disruptive behavior disorders that enables families to access services and care coordination through their primary care provider.

In other initiatives, the Department is also collaborating with Maine Medical Center, Department of Psychiatry in a project to study the impact of early detection on the prevention of psychosis. While treatment will be provided, the emphasis of the project is on prevention through public education.

The development of evidence based Tool Kits for the provision of mental health services is another collaborative effort with Maine Medical

Center. This work is part of a national initiative sponsored by the Center for Mental Health Services.

The Office of Substance Abuse has received a \$400,000 grant award from the U.S. Office of Juvenile Justice and Delinquency Prevention to establish a two-year Higher Education Alcohol Prevention Project. The project will focus on planning and implementing environmental strategies to prevent alcohol problems and change factors in the college campus environment that promote alcohol abuse.

In addition, the Substance Abuse and Mental Health Services Administration (SAMHSA) has awarded BDS a three year grant to develop data outcomes measures that are consistent with national outcome measures. This is part of a national data infrastructure improvement project.

Through a recently completed RFP-the Department is working with a variety of external sources to develop worthwhile ideas into funded projects. Initiatives currently being explored include psychiatric supports to primary care pediatricians, and improved health care delivery for individuals with disabilities. Grant proposals have been submitted to (NIMH) for the development of a Maine Child and Adolescent Research Network and to SAMHSA for model transition programs.

*For more information visit:
www.state.me.us/bds/*

The more deeply we listen, the more we attune ourselves to the roots of suffering and the means to alleviate it.

From: How Can I Help: Stories and Reflections on Service

by Ram Dass & Paul Gorman (April 1985)